

Near Beers, Very Near Beers, and an Old English Ginger Beer

The Beer Taste Is What You Want,
in Rabbits, With Cheese,
or for Thirst

By Anne Lewis Pierce
Director, Tribune Institute.

ONLY a person of very large capacity ever drank beer for purposes of exhilaration. In its "beeriest" days this beverage never had more than 8 per cent of alcohol, and it averaged 4.6 per cent, while some sunk as low as 0.35, less than the famous half of 1 per cent that we are now allowed. The famous English small beer had only 2 or 3 per cent. When wines had from 9 to 20 per cent of alcohol and the distilled liquors 50 per cent, why didn't a beer if it was alcohol you wanted?

The Double Test

No, people drank beer largely because of its thirst-quenching property, its clear, clean, bitter taste, and because it gave a zest to special foods. It is as hard even to think of a Welsh rabbit, much less eat one, without beer as it is to think of Pyramus without Thisbe. Why try, when the prohibition de-alcoholized article tastes like beer, even if it does not feel like it?

According to Institute principles and practice the beers were tested, both in the kitchen and in the laboratory, the identity of the samples being unknown to the tasters. As is often the case, the opinion of the chemist and of the tasters agreed well, though, of course, some people like a light, bitter drink and some prefer a dark, sweetish beverage. But whatever the personal taste may be, it remains that the beers that analyzed the nearest to an oldtime beer (except for the alcohol) were the group preferred by the tasters.

How a Beer Is Made

A true beer (for the information of those who have merely drunk beer but never thought about it much) is made from barley malt and hops, the malt being made by fermenting wet barley at varying temperatures for varying lengths of time. If a low heat is used you get a light beer; if the heat is raised very high the brew is darker and the sugars formed may be even caramelized, giving the drink both a dark color and a sweet taste.

In the fermentation, the starch of the grain is changed to maltose (brewer's sugar), and so powerful is the barley malt that it can change more starch than is found in the barley, and so sometimes rice or corn is added. Some like the results, and some maintain that only barley malt and hops should be used.

The mixture of malt and grain is crushed and mashed with water, heated and you get the "wort," which is drawn off, concentrated by boiling, and the hops added, which on more boiling yield up certain bitter principles that give a characteristic flavor. After cooling and setting the wort it is run into casks and the yeast added, when the alcoholic fermentation proceeds quickly or slowly, according to temperature. The beer is drawn off into other casks for the after fermentation, clarified with gelatine or shavings and stored in barrels or bottles.

Getting Out the Alcohol

But nowadays the beer maker is approaching the most difficult part

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of his problem at this point, which is to get the 4 per cent of alcohol out of the beer and leave all of its associated flavors behind. This is the same sort of difficulty that the decaffeinated coffee maker must overcome when he tries to take the "punch" out of coffee by removing the caffeine and leaving all the odors and flavors behind.

One of the best beers tasted (the Ruppert's) we know is made of barley malt and hops alone, reboiled to remove the alcohol, and only hops added to freshen the taste. Some add a mixture called brewer's sugar to give body, color and sweetness, but this, to our mind, does not give so characteristic a product, though some, especially those liking a dark, sweet beer, may find it to their taste. The old-fashioned all-malt and barley and hops beer holds its own, with or without alcohol, in the opinion of many.

What the Analyst Did and Said

Our chemist analyzed all these beers, putting through a pre-prohibition bottle of beer at the same time for comparison. (We did not embarrass him with inquiries as to his source of supply.)

This real beer had 5.4 per cent of extract (solids), a high average figure; 0.035 of phosphoric acid (a real malted beer or ale should have about 0.04 per cent; this figure is useful in picking out the straight malted beverages). The acidity is only 0.13 per cent, whereas the average figure is 0.26, and the ash or mineral ingredients were 0.3 per cent, the average figures given being 0.21 per cent. If the ash is lower than this it probably means that brewer's sugars have been added. They are not harmful at all, but may or may not spell "quality," according to the remainder of the procedure.

A Mixed Jury

Men were drafted to serve on the beer jury that the verdict might not be considered "overfeminized." The opinions were almost unanimous. Those who wanted a clear, clean, bitter light beer agreed unanimously on the Ruppert's Knickerbocker, with special preference for Ruppert's Special and Extra. They not only tasted amazingly like beer from the glass, but behaved the same in the chemist's test tube, having from 4.4 to 5 per cent of extract, 0.03 to 0.035 per cent of phosphoric acid and not over 0.14 of acidity. The principal difference in the analyses of the three Knickerbockers was in the amount of sugar found, the straight brand having the least (0.65), the Extra 0.98 and the Special 1.03 per cent.

The Anheuser-Busch Budweiser, of sacred memory, was another favorite, being unanimously rated among the best. It is "lagered and

aged," and "is made from the choicest cereals and hops," according to the label. The figures are all normal and average, but there is a little more extract in it than in the Ruppert's (6.47 per cent), even more than in the real beer examined. This is undoubtedly a very good type.

The Bevo was declared by two of the men, when tasted without knowledge of the label and in comparison with the real beer, to have a very good flavor and be the nearest to beer. One woman juror also thought it very good, while the others disagreed.

This was an interesting proof both of the integrity of the analyses and the variation in tastes, for the Bevo is a typical heavy beverage, having almost 6 per cent of solids and 1.6 per cent of sugars, the aver-

age amount of phosphates, and every indication of being a well fermented beverage, to which, however, additional sugars have been added.

Another favorite with those who wanted the dark, heavier, sweeter beer was the Pabst Kulmbacher. "It tasted good," said the men who liked the Bevo. It was the "heaviest" beverage yet, with nearly 8 per cent of solids instead of the average of 4.5 per cent. The full average amount of phosphoric acid (0.4 per cent) was attained in this case, and there was 2.5 per cent of sugars. Here again we would suppose that the beverage had been properly fermented, but that some additional sugars had been added to give body and sweetness.

A Real Ginger Beer

Another beverage of a preferred type was one quite to itself apart, the Everard Old English Brand Ginger Beer. It is a typical beer with a distinct odor and taste of

ginger—quite a different product from the clear ginger ales. It did not seem to be a malted product to any great extent, having very low mineral and phosphate content, but it contained nearly 5 per cent of sugars and 5.7 per cent of extract, with a very agreeable gingery taste.

Not long ago we asked for ginger beer, advertised at a soda fountain. We got a sweet, white, plain ginger syrup with soda added thereto. It was not a ginger beer. This one is, and contains no red pepper.

"Fifty-Fifty," Said Others

The Fifty-Fifty stands between the two classes with a good average amount of extract, but less phosphates than a straight malt and hops product, indicating the use of other grains (it is called a cereal beverage) and the addition of brewer's sugar. The product has 0.38 per cent of sugar also in the dark beer and 0.50 in the light, with less solid

matter, illustrating the difference between light and dark products in general, i. e., the addition of caramelized brewer's sugar to increase sweetness and body in the dark beers.

Next would come the two Everard products with 3.10 to 3.6 of extract, 0.63 of sugars in the plain beverage and 1.03 in the brown beverage, which tastes like strong porter. Here, of course, the drinking properties are entirely a matter of taste. Some found these drinks very palatable.

The Pabst cereal beverage and the Feigenspan had 3.87 and 3.28 of extract and 0.925 and 0.03 of phosphates respectively, indicating a lighter beverage, with the sugar probably due to an added corn product rather than to fermentation.

The Everard Sparkling Beverage and the two Doelger brews, light and dark, had about 2.7 of solids, and were also low in phosphates, indicating again the addition of mal-

Savory, Highly Seasoned Sausages
Call Out for a Drink
of Bitter Brew

tose, the dark beer having the most sugar, nearly 1 per cent, but the least extract (2.53) per cent.

Less Than Half of One Per Cent

All of these products are wholesome fermented grain products, and contain not over 0.26 of alcohol, only half of the half of 1 per cent allowed. One product alone had the permitted amount, Everard's Sparkling Beverage. The de-alcoholizing is thoroughly done, 0.14 being a favorite beverage. It will be a good thing to use them with the Swiss cheese, "hot dog" and Welsh rabbits that seem so forlorn without their erstwhile steady company—the beer bottle.

You can abuse any good thing by overuse of it—even milk, the ideal perfectly balanced food, may make you bilious and generally unhappy if you live on milk alone. So there is no treachery to our friends, the coffee pot and the soda fountain, if we suggest that too much coffee and too many sweet ice cream drinks may not be good for one, and a use of the wholesome, bitter, only slightly sweet and not at all stimulating drink which the near beer provides will be "good form" both for palate and stomach, especially when the rest of the menu indicates a thirst-quenching beverage. Salty, savory food needs beer.

You can get these beers anywhere for from 15 to 30 cents a bottle, according to brand and the location and establishment of your retailer, or for about \$2.25 a case. And your own icebox will deliver them cold—which is more than most of the hotels do. It too often seems to be considered hardly worth the trouble to ice de-alcoholized beer thoroughly. We all know that a warm real beer was a sad affair, and these products must be thoroughly chilled to be at their best.

In no case were any hop substitutes or any preservatives found in any of the beverages listed.

Tested Meat Fillings for the Sandwiches

READY cooked meats are life-savers when an impromptu supper or picnic makes its demands, and the icebox shows no leftovers. You pay for service and convenience, but when these and the cost of cooking, shrinkage and waste are considered they amply justify themselves.

The liver pudding at 28 cents a pound is a most reasonable purchase. It is savory and rich, being a near relative of the aristocratic paté de foie gras. It goes a long ways and makes a rich and delicious sandwich or canapé. There is 19 per cent of protein and 26 per cent of fat in the Stahl product as analyzed, with about 51 per cent of moisture. This is a product that should be more widely used.

The frankfurter and the bologna are both somewhat high in water content (57 and 65 per cent) for economy, but this gives them a delicacy and tenderness, and the flavor in both cases was extremely good. They were well smoked, having no "raw taste." The frankfurter especially was notable for its richness and juiciness and the un-

usually high percentage of fat, with the moisture, is partly responsible for this. Nearly 25 per cent of fat was found and 15 per cent of protein in the frankfurters.

The ham bologna is much less rich, having only 13 per cent of protein and 17 per cent of fat. Its price is 36 cents a pound, and unless one is addicted to the special flavor and smooth texture of bologna it does not offer so much for the money as the frankfurters and liver sausage at 28 cents. They are an excellent purchase, whether you are considering nutrition, economy or pleasure in eating.

Our Foodville Gossip

I HAD A GREAT hunch THAT PEANUT butter COULD BE made less STICKY and more SWALLOWY IF YOU knew what I MEAN AND I MIXED up some CHILI sauce AND PEANUT butter AND IT WAS fine AND I LIKED it AND I THOUGHT THAT I HAD MADE A GREAT discovery But when I PICKED up THE N. Y. T. FOR August 15 AND SAW that THEIR celebrated DOMESTIC scientist HAD BEAT me to it I SAID darn it. I THANK YOU. THE INSTITUTE CHEMIST. (With Apologies to K. C. B.)

(Tested and endorsed by The Tribune Institute.)

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A Perfect Ration

A Toast to the Eighteenth Amendment in "Half of One Per Cent"

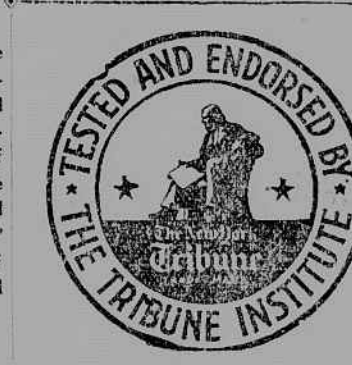


"Drinkville News" from Table and Laboratory

THE chemist proved that these beverages were wholesome drinks, free from preservatives, hop substitutes, or any injurious or foreign additions, some of them being exclusively barley malt and hop fermented beers minus the alcohol, while to others some brewer's sugars, caramelized, and other grains had been added, as was also done in the case of some real beers. The addition of these beers to a Welsh rabbit gave the typical tang and color and taste obtained when they contained alcohol, and the tasters as well as the chemist also found them to be "very near beers."

The sausages analyzed are the logical friends and companions of the drinks tested, and proved worthy of joining a tested and approved company.

ANNE LEWIS PIERCE,
Director, Tribune Institute



List of Tested and Endorsed Beers and Meats

Anheuser-Busch Brewing Assn.
St. Louis, Mo.
Bevo
Budweiser

Peter Doelger Brewing Co., Inc.,
New York City, N. Y.
First Prize Light Brew
First Prize Dark Brew

James Everard,
8-10 E. 134th St., New York City
Non-intoxicating Beverage
Brown Beverage
Old English Brand Ginger Beer
Sparkling Beverage
Feigenspan,
Newark, N. J.
Feigenspan Private Seal

Fifty-Fifty Corporation,
New York City, N. Y.
Fifty-Fifty Dark
Fifty-Fifty, a Cereal Beverage
Pabst Brewing Company, Inc.,
Milwaukee, Wis.
Pabst Cereal Beverage
Pabst Kulmbacher

Jacob Ruppert,
New York City, N. Y.
Knickerbocker Beverage, "Plain,"
"Special" and "Extra"
Otto Stahl, Inc.,
New York City, N. Y.
Frankfurter Style Sausages
Ham Bologna
Liver Pudding

A Plea in Behalf of the Home Dutch Supper

By Anna Stanley
Domestic Scientist, Tribune Institute

WITH the approach of fall home Dutch suppers will make their appearance again. The home supper is vastly more fun than a club or hotel, and if properly planned is but little work.

The discriminating hostess is just as particular about a Dutch supper as a ten-course dinner. Potato salad may be a savory, delicious dish or a commonplace soggy affair. Try these menus with "near beer" cold as the real, and see how much nicer they are than an expensive hotel repast and how little trouble they make.

Four Little Dutch Suppers With Near Beer

SUPPER NO. 1
Smoked Salmon Canapés
Potato Salad on Hearts of Lettuce
Toasted Frankfurters, Mustard Pickles
Rye Cheese Bigulits
Ice Cold Beer

THE appetizer in the form of the smoked salmon canapé does not pretend to do more than introduce the substantial Dutch supper which follows, but it starts things off with zest. They are made from small crustless rounds of sauté graham

bread, with a thin round of smoked salmon dusted over with grated cheese and decorated to simulate a flower, using petals of egg, little cheese balls and pieces of pimentos.

Potato salad, that most abused and carelessly made dish, is a delicacy "beyond compare" when perfectly and judiciously blended. A boiled salad dressing with scarcely any oil in it is the one most often served with starchy potatoes, which have not a scrap of fat in their make-up. Once eaten with a very rich mayonnaise the boiled dressing will never pass muster again.

The very nicest salad is made using the potatoes mixed with cucumbers, both cut in very fine dice, some chopped, stuffed olives and strips of pimento added with a lavish hand, moistening with the highly seasoned rich mayonnaise, placing it in the hearts of lettuce sprinkled with capers and decorated with small pieces of hard-boiled egg. A few pieces of firm, fresh tomato are very well liked in potato salad by some. Diced beets are also good. In the case of the latter put them in just before serving.

Frankfurters when split and toasted under an electric grill far surpass their flavor when plain boiled, and with potato salad and cold beer offer a delightful supper. Instead of the proverbial rye bread

serve rye cheese rolls, which are very simple to make. They can be made in advance and reheated, if desired.

The rye rolls are made the same as baking powder biscuit, using one cup of rye and one of wheat flour sifted with one teaspoon of salt and three and one-half teaspoons of baking powder. After cutting in four tablespoons of fat until the mixture resembles corn meal add one well beaten egg and three-fourths of a cup of milk. Toss on a well floured board. Roll a sheet about one-fourth inch thick. Cover well with grated English dairy cheese and roll up and cut into biscuits about one-half inch thick. Bake in a quick oven for about twelve minutes.

SUPPER NO. 2
"Real" Welsh Rabbit on Sauté Noodles
Shredded Cabbage With Chili Dressing
Goose Liver Sandwiches on Thin Rye Bread
Beer

YOU can make a regular clubman's rabbit, using prohibition

beer as the liquid, or using cream and eggs, as you prefer. We made both kinds in the Institute this week, and preference is only a matter of taste. The one made with beer had a tang and pungency that were lacking in the other, was darker and of a different texture.

There are many methods of making rabbit. In the case of that made with beer one tablespoonful of butter was melted with one-half cup of beer. When the beer was steaming hot one-fourth cup of grated English dairy cheese was added, and it was placed over hot water, as too strong a heat is disastrous to a rabbit. After all the cheese was melted and the rabbit thickened seasonings were added. An egg yolk well beaten may be added to this recipe also for a less "stringy" rabbit.

When making a rabbit of cream and eggs we melt the butter and add the grated cheese and the beaten egg and cream little by little until it is thickened and smooth.

One egg, one-half cup of cream or milk and one-fourth pound of grated cheese are the proportions. This will serve two people well.

A zesty rabbit served on crispy sautéed noodles is as novel as it is good. The browned buttered noodles are crisp and are welcome variations from toast and crackers.

Thin rye bread sandwiches spread with goose liver pudding and the shredded cabbage with the chili sauce dressing top this nocturnal feast off to perfection, served along with the iced beer.

SUPPER NO. 3
Deviled Ham and Rice Canapé
Bermuda Onion and Tomato Salad
Swiss Cheese and Mustard Rye Bread
Sandwiches
Bologna Sandwiches with Horseradish
Dill Pickles
Beer

NO doubt the rice canapé sounds startling, but once served they make their own way. It is one of the most popular dishes made in the Institute and bids fair to compete with the w. k. club sandwich.

Cut either white or graham bread into slices about three-eighths of an inch in thickness. Toast on both sides. Spread with deviled ham and pour the following rice cheese over it:

To one cup of light cream or milk add two tablespoons of butter and one tablespoon of flour. Heat

slowly, stirring until smooth, and add salt and pepper to taste, two tablespoons of grated cheese and one-half cup of flaky rice. A pinch of mustard can be added if desired. (Reprinted.)

Scatter a few grains of rice over the top and sprinkle with paprika. After this piquant morsel the sliced tomato and Bermuda onions with French dressing fill the bill exactly when eaten with paper-thin rye bread sandwiches.

SUPPER NO. 4
"The Whole Meal" Sandwich
Saratoga Potato Chip
Deviled Eggs (highly seasoned)
Beer

THIS combination almost ceases to be a sandwich—so much is placed between the slices of bread. The medley of ingredients is well balanced, however, and the results are harmonious both as to flavor and nutrition. Thinly sliced ham or corned beef, with a paper-thin slice of Swiss or American cheese, shredded cabbage and Russian dressing, are used with white, graham or rye bread. A lettuce leaf may replace the cabbage.

Be sure to "devil" the eggs sufficiently. A tasteless deviled egg is entirely out of place. Add a few drops of Worcestershire sauce, a little mustard, plenty of paprika and salt and pepper, with cream enough to moisten well.

